



Involtini di Melanzane Vasi 200 g

Bottega Barbieri

Type	Pickled in oil
Origin	Italy, Calabria
Producer	Bottega Barbieri Cosenza
Contents	200 gr
Article no	84009200

Comments

Eggplant rolls are an important specialty of the Calabrian canning tradition, especially in northern Calabria, the part of Calabria that borders Lucania and overlooks the Ionian Sea. The rolls are prepared at the end of September, with the last eggplants harvested in the garden. The largest, not very tender ones are selected, washed, sliced along the widest part and salted, placing them with a good amount of wine vinegar in a container for at least 24 hours. Then they are pressed for an hour, laid out on a dry cloth and stuffed with a piece of anchovy, a caper and a little oregano. The slice is closed with a toothpick, making a roll that is placed in a glass jar and seasoned with black peppercorns, fresh mint, a little chili pepper and lots of extra virgin olive oil.